The Fitness Hub Group Training Programs										
	Program 1	Program 2	Program 3	Program 4	Program 5	Program 6	Program 7	Program 8	Program 9	Program 10
Training Programs	Core & Mindful Movement	Primal Strength	Primal Flow	HIIT it HARD!	Hang Tight!	Beat It!	Spartan	Movement / Dance Therapy / Foam Rolling	Supercharged ABT	BarBell Basics
Intensity	.ow to Moderato	Moderate to High	Low to Moderate	Moderate to High	Low to High	Low to Moderate	Moderate to High	Low to Moderate	Low to Moderate	Low to Moderate
Program Objective	Core & Mindful Movement is a soft training that strengthens core muscles which are essential for maintaining a flexible body structure and improving respiratory function.	Primal Strength incorporates mindful body movements with strength training. The program integrates movement awareness and strength works.	Primal Flow allows the body to explore movement potential. Expect various bodyweight training discipline, quadrupedal and ground based movements. The objective is to improve mobility, endurance and strength.	A high intensity interval training class that combines strength movements and hard cardio blast with short bouts of rest.	Hang Tight is a suspension training program that uses TRX, ropes and webbing to work the core, strength and flexibility of the body. It involves a variety of multiplanar bodyweight exercises.	Movement circuits and refreshing exercises for the early bird. A refreshing fitness program that will leave you fresh before work starts!	Spartan is an unique high intensity session that incoporates lifting, crawling, hoisting, rope climb and monkey bars.	Restore range of motion and function to the joints through simple yet challenging movements. Bring balance and stability back to the body.	Lower body burnout to sculpt legs and tone up midsection of your body	Expect main compound movement (squat /deadlift) with proper form. Boost metabolism, energy level whilst keeping bones healthy
Trainer	Betsy/ Sharlynn	Ali/Adi / Dennis	Ali/Adi / Dennis	Ali/Adi/ Justin/ Dennis	Ali/Adi/ Justin/ Dennis	Adi / Ali	Justin	Charmaine/ Gina/Edwin	Sharlynn/Adi/ Ali	Sharlynn/Adi/ Ali
Duration	45mins	45mins	45mins	45mins	45mins	45mins	45mins	45mins	45mins	45mins